

37th St. James 5 Mile Run & 3.5 Mile Striding Event

First Responders Team Race

Saturday April 20, 2019 at 9:00 AM

Hosted by Engine Company No. 3 of the St. James Fire Department
proceeds to benefit

Local Firefighters Burn Center Foundations, and Engine Company No. 3

Eligibility: All runners, joggers and walkers (regardless of age or sex)

Entry Fee:	Adults	Seniors 65+	Students 18 & Under	Early Registration
<i>T-Shirts are given to the first 300 pre-registrants</i>	\$30.00	\$25.00	\$25.00	03/01/19
	\$30.00	\$30.00	\$30.00	After 03/01/19
	\$35.00	\$35.00	\$35.00	Day of race & paper applications

Pre-registration Closes: Prior to 3/1/19 regular day of race and paper applications.
Postmarked by March 20, 2019

Online Registration & Checks payable: RunSignUp.com/Race/NY/SaintJames/StJamesFiveMiler
Make all checks payable to:
St James Fire Department-Engine Co .#3 (Tax Deductible) and Mail to:
St James Fire Department Race
221 Jefferson Ave. St James, NY 1180
for more information Call: 631-584-3500

Late Registration & Number Pick-Up: Race Day 7:30-8:30 AM
St. James Fire House, 533 North Country Road

Course: Certified and accurately measured, scenic run through The Village of Head of the Harbor and St. James Harbor, on Long Islands rolling North Shore. Split times at all mile marks, traffic controlled route, and medical supervision,

Awards: 1st Place overall (Male, Female, Firefighter, and Police officer)
Team Race – Top 3 finishers – Combined time for Suffolk County and First responder trophy.
1st, 2nd, 3rd Place awards for Male and Female in the following categories: 16-19, 20-14, 25-29, 30-24, 35-39, 40-44, 45-40, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
Additional Awards 2nd - 5th Place for Firefighters and Police.

Start: Race starts at 9:00 AM (SHARP) Timing by Start-To-Finish Corp. No registration will be accepted or numbers given out after 8:30 AM. The starting line is 1/2 mile from the registration area. Please allow sufficient time to pick up numbers, register, and get to the starting line. Parking is available 1/4 mile South of the Fire House at the Train Station.

Finish: Award Ceremony & Party will be held at the conclusion of the run at the St. James Fire Departments Main House. A large digital clock will be displayed at the finish line so each runner may see their time and place upon finishing, Times will be posted at the Fire House, as well as, a complete listing of all who finished the race will be published in the Smithtown News.

Refreshments: All refreshments before and after the race are complimentary.

Attire: Come dressed to run - No Lockers or Showers will be available.
NO BAGS are permitted on the Fire House Grounds.

Directions: LIE to exit 56, Rte 111 North to 25A, Smithtown
(Continue to St. James Fire Department)

****Please frequent our sponsors****

**In consideration of your acceptance of my entry in the above Run and Walk. I, the undersigned, intending to be legally bound, herby for myself, my heirs, my executors, and administrations, waive and release any and all my rights and claims for damages I may have against the St. James Fire Department, St. James Fire District, St. James Fire Department Engine Co. #3, all sponsors listed above, Village of Head of Harbor and Town of Smithtown and any of their representatives or agents, for any and all injuries suffered by me in said event. I certify that I have prepared myself for this event and that I am in adequate physical condition to participate in this event on this date: April 20, 2019.

Please Supply The Following Information

Must be filled out accurately and completely to qualify for any awards.

_____	_____	_____
First Name	Last Name	Age
_____	_____	_____
Street	City	State
_____	_____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Phone #	Date of Birth	Gender
<input type="checkbox"/> Firefighter <input type="checkbox"/> Police <input type="checkbox"/> Walker <input type="checkbox"/> Runner	<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XLarge	
<i>Please Check All That Apply</i>	T-Shirt Size (Please Check One)	

Team Name (First Responders Only)

Signature